



4 - Fire Drills



8 - Wrestling!!

Samurai demonstration dazzles community

JOSN Jeff Johnstone
CFAS Public Affairs

Fleet Activities Sasebo (CFAS) was treated to a samurai kendo demonstration and an antique weapons and armor display Sunday, Aug. 21 at the Harbor View Club.

The event was organized by Scott Poluhowich, Morale Welfare and Recreation (MWR) Director.

Eighth degree kendo Master Tsuyoshi Fukagawa (sensei - High Master), who has practiced the way of the samurai for over 60 years, and fifth degree kendo Master Ikuo Matsuo, who brings 25 years of experience, wowed the audience with a display of their impressive samurai skills. The demonstration was followed by a question and answer session with Mr. Naomi Itoh, a proprietor of a sword shop in Arita. Mr. Itoh, the grandson of a

samurai, collects, sells and restores genuine samurai swords.

Guests were shown swords of all sizes, as well as various armor, and even an antique pistol.

The crowd was then given a lecture about the history of samurais and their weapons.

According to Itoh, the swords are special to the samurai.

"The swords are the soul of the samurai, and are only used by them as a last resort," said Itoh through an interpreter.

To move the sword through the art form of Kendo, is to release the soul, said Fukagawa sensei through an interpreter. "Our spirit is for worldwide peace and respect for other people," he added.

To the delight of the crowd, the two samurais performed a second demonstration.

As the event concluded, Mr. Poluhowich presented Mr. Itoh, Fukagawa sensei, Matsuo, Fumi Lux (translator), Sanae Ogawa (translator) and Mrs. Holly Mateikat with a plaque and command coins from CFAS and MWR. Fukagawa beamed with appreciation afterwards, saying "Thank you very much" to the crowd.

According to the two samurais, the



Michael Velarde (left) holds a sword as Mr. Naomi Itoh looks on. Itoh is the proprietor of a sword shop and is an avid collector and restorer of antique swords. (U.S. Navy Photo by JOSN Jeff Johnstone)



Eighth degree kendo master Tsuyoshi Fukagawa (sensei - High Master) (left) and fifth degree kendo master Ikuo Matsuo demonstrate their skills before onlookers Sunday, Aug. 21 at the Harbor View Club. (U.S. Navy Photo by JOSN Jeff Johnstone)

pleasure was all theirs.

"We are happy to teach the people a little bit about our culture," said Matsuo.

"I had a great time today, and had the chance to please the guests," added Fukagawa sensei.

"If Sailors can learn more about the Japanese culture, culture that they find interesting, they'd be more likely to want to learn more about their host country, and would instill in them a greater respect for their host country," said Mateikat.

Following the event, the three visitors were then treated to a special meal of New York strip steaks, prepared by Harbor View Club chef, Charles Yost.

Brief Notes

Club Off Limits

Effective immediately, **Club Flava**, located at 4 - 3 Shimokyo-machi in Sasebo City, is off limits to **ALL** Status of Forces Agreement (SOFA) personnel. Any person visiting this establishment is in violation of this order and subject to disciplinary action.

USO Notes

Fleet Landing office closed for renovation until Sept. 30. It has been relocated to Bldg. 301, next to the Barber Shop. FMI, call the Nimitz Park USO at 252-3960.

Midnight Movies

Club closed? No problem! **Midnight movies** are being held at the **Showboat Theatre** every Friday and Saturday night. Call the theatre for more information.

DUI Counter:
27 days as of Aug. 25

Sword collector visits Guardian

JOSN Adam R. Cole
Task Force 76 Public Affairs

A former Japanese naval officer paid a special visit to USS Guardian (MCM 5) Aug. 17 to display to the crew a collection of what is not only Japanese weaponry but a piece of Japanese history. The crew viewed a dazzling display of swords, katanas and wakizashis, of ancient samurai.

Naomi Itoh showed Guardian Sailors the intricacies of the katana and told them about its history. The display of samurai weapons inside Guardian's bridge was a precursor to a full samurai exhibition and kendo demonstration held at Fleet Activities Sasebo (CFAS). Presenting Japanese heritage and teaching American Sailors about Japanese history was Itoh's goal in the visit.

The samurai weapons amazed Guardian Sailors, many of whom had never seen such swords.

"You can sense this is something to respect," said Quartermaster First Class (SW) Ryan F. Curylo, holding the katana in awe.

The samurai were an integral part of Japanese history. They were the bearers

of political order from around the 12th to the 18th centuries. The samurai were more than warriors, they were also scholars well versed in music, arts and literature. They were aristocratic in nature, militaristic in action.

The katana was a long saber for cutting while the wakizashis were smaller and mostly used for stabbing. Only samurai were allowed to have such weapons. Each samurai had the weapons with them at all times and respectfully set them aside, along with their shoes, when entering someone's home. Though the sword was taken everywhere, it was rarely used in battle; samurai chose to use other weapons such as the bow and arrow. The sword was a last resort and if unsheathed, the samurai considered it as letting the soul go free.

Sailors said they experienced something special when they picked up the sword.

"It's unbelievable to be holding something with so much history, said Mineman Third Class Zion Anderson. This must be at least 600 years old."

Not your ordinary chiropractor...



Inside...

The Patriot (foreground, with mask) reaches for the ropes to cause a break as the Milwaukee Mauler applies pressure with an abdominal stretch. Athletes from the World Wrestling Alliance (WWA) visited Sasebo, delivering a night of hard - hitting wrestling for Fleet Activities Sasebo (CFAS) Sailors and their families. See full story on page 8. (U.S. Navy Photo by JOSN Jeff Johnstone)

The question: Who’s looking out for your career?

FLTCM (SS/SW) R. D. West
Pacific Fleet Master Chief

I was reviewing a service record for a shipmate the other day, and it got me thinking about this column. I hate to say it, but I need to get on the 1MC and talk awhile.

I hear a lot from Sailors about what they need to do to make chief or get selected for the many programs the Navy offers. What duty assignments do they need to take, what kinds of collateral duties are important, what does a selection board look at?

Hopefully through this article I can provide you some insight to ensure your career stays on track.

Any board is going to be looking at you, as a Sailor, as your evals, fitreps and record portray you. Bottom line.

You could be the best Sailor in the world, taking all the hard duties and assignments, being the go-to Sailor at every command, volunteering at every possible Navy and community event. And

yet with all that, you could not get selected. And for one all-too-prevalent reason – your evals and/or fitreps.

So I guess my question back is this – who’s looking out for your career? There’s only one good answer, and we all know what it is. Problem is, many of us don’t act on that answer.

For those in denial, the answer is you are. And that means learning and understanding the eval/fitrep system beyond the required due dates for the midterm counseling and the actual eval/fitrep signing.

For our junior Sailors out there, you should be making sure you get your midterm counseling and taking it to heart. The midterm isn’t designed to tell you what kind of marks you’ll get or what the write up will be like.

It’s designed to give you guidance and direction to improve. And you need to listen. You need to get a copy of the counseling and use it as a road map in getting yourself to your goals – whatever they may be.

The Navy is getting smaller and more competitive, so ensure you give yourself the edge. Advancement is money, and I know we all like that.

For our senior folks, each and every one of us should learn the evaluation system and sit a board for the experience; you will be surprised at what you will learn about writing evals and how you can improve your team. Too many of our senior folks rest on the hopes that Navfit 98a will somehow make everything work well. Former board members will tell you that isn’t right.

We chiefs have to make sure we are doing our level best to write fair, honest and reliable fitreps and evals on our

Sailors under our charge – as well as teaching them how to do it for their folks as well.

It pains me to see so many evaluations with vague or broad statements that are completely unsubstantiated in the remarks. Don’t write all the fluffy/big words ...tell it like it is and highlight the many good things the Sailors are doing. Lose the spelling and grammar errors, end runs around the system to make folks look better, and smoke screen numbers that could only be accomplished by someone working 28 hours a day, nine days a week. Selection boards see through it.

And those of us putting our names on these things and/or letting our Sailors sign them is flat-out wrong, and we’re doing our Sailors a huge disservice. Just as well, if you are signing an eval full of fluff and no substance, then you are just as much to blame.

So how do we fix this?

Well, it calls for good old-fashioned deckplate leadership. chiefs and first

classes need to understand the system and learn the evaluation instruction. They need to read the selection board feedback about evaluation comments – the good ones and the “pearls.” These come out every year!

They need to take that knowledge back to their workcenters and then apply it fairly and accurately. They need to explain to their Sailors why they got the marks and how to either improve or take great performance to the next level. (don’t rest ...continue to make improvements in your performance)

Finally, a topic of debate is command ranking. I know there are lots of arguments pro and con on this topic, but I’m telling you from experience, it’s crucial. Most folks worry about the P, MP, or EP. These are factors but selection boards also look for command ranking. And not just the EPs either. A 25 of 100 MP carries a lot of weight with boards. Probably much more than 1 of 1 EP. Make sure you are ranking your folks within the command.

For the junior folks, do everything I just said. But also be involved. Make yourself competitive, push to make your division, your department and the command the best the Navy has to offer and the rewards will come. Take the time over the course of the year to write down your accomplishments so when its time for you to provide input it readily comes to mind. You will be surprised at how much you can forget.

Sailors being evaluated need to take on the midterm counseling and guidance and apply it as an improvement plan. Go back and get routine check-ups from the LPO or LCPO just to make sure you’re still on track.

OK, so now we all are tracking the same. We’re responsible for our careers. Our chiefs and LPOs are there to help and guide, but it still comes down to the individual. So how do we fix problems?

Well, I’m not the most computer-savvy guy in the world, but the Navy Knowledge Online (NKO) portal can get you started. Log on to <<https://wwwa.nko.navy.mil/portal/splash/index.jsp>> and review your Online Training Jacket. Get your chief or LPO to look it over with you and ask questions – and get answers!

You can also log onto Bupers Online at <<https://www.bol.navy.mil/>>, print out a copy of your enlisted summary record and your performance summary record. Make sure they are right and everything

Please see **Master Chief**, Page 6



FLTCM (SS/SW) R.D. West

Pacific Fleet Master Chief

Navies provide medical, dental care in Philippines

JO2 (SW) Brian P. Biller

USS Harpers Ferry (LSD 49) Public Affairs

Medical and dental professionals from USS Harpers Ferry (LSD 49) and the staff of Commander, Logistics Group Western Pacific treated more than 300 patients during a civic action project Aug. 18.

Local residents lined up for hours at the Doce Martires Elementary school for an opportunity to receive the free, routine medical and dental care being offered by the U.S. and Philippine navies as part of the Philippines phase of exercise Cooperation Afloat Readiness and Training (CARAT).

This was the fourth day of a scheduled six days of medical and dental civic action projects at various locations in the vicinity of Subic Bay during CARAT Philippines.

“I thought it was a great experience, I’ve never done anything like this before,” said Harpers Ferry dentist, Lt. Adrian F. LePendu, who added that he was surprised at what he was able to do

without the normal, more clinical lighting he was used to, and some of his normal surgical tools.

“It helped me figure out what my capabilities are with such limitations,” he said.

LePendu had mixed emotions about the visits, saying the people were appreciative of the help and care, but that it was sometimes disappointing when he’d have to extract adult teeth in some of the younger children due to their poor dental health. While there were some sad moments, he said, overall, he found



USS Harpers Ferry (LSD 49) dentist Lt. Adrian F. LePendu and DT3 Cassandra M. Herring treat a patient during a combined medical and dental civic action project as part of CARAT 2005. (U.S. Navy Photo by JO2 (SW) Brian Biller)

the experience uplifting.

“It’s really nice because you can tell that the patients appreciate what we did for them,” said Dental Technician Third Class Cassandra M. Herring.

“Overall it was a success,” said Harpers Ferry doctor, Lt. Erik J. Modlo. “Being able to bring the kind of services that we did from the dental/medical side to the Philippine people...the smiles were reward enough for me.”

Modlo said patients received examinations, medications, and care typically unavailable or unaffordable.

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Deadline for regular submission is Tuesday at Noon. For more information, call 252-3409 or 252-3485. Address all correspondence to:

Sasebo Soundings
PSC 476 Box 93
FPO AP 96322-1100

CNO to NNOA: Diversity a leadership issue

Chief of Naval Operations Public Affairs

Speaking at the 33rd annual National Naval Officers Association (NNOA) Conference in New Orleans Aug. 12, Chief of Naval Operations (CNO) Adm. Mike Mullen said diversity continues to be a leadership issue and critical to the Navy’s future success.

“We need leaders from and for every single part of our Navy,” he said. “Our leadership should reflect the nation we represent.”

Mullen took the opportunity during his comments to thank the NNOA specifically, saying the association was “critical to helping our Navy improve diversity.” He also said he needed their leadership, as well, and encouraged NNOA’s members to mentor other, more

junior officers and enlisted personnel. The Navy is certainly a more diverse force than it has been in the past, Mullen noted, but leaders cannot rest on their laurels.

“A lot has been done, but we are still in a pioneer world,” Mullen said, referring to the fact that though many more opportunities now exist for minorities and women in the Navy, much can still be accomplished.

The CNO said he wants to improve the number of women and minorities filling both senior officer and enlisted billets, and increase the number of women serving in enlisted technical ratings.

“My intentions are to take big steps each year, for four years,” said Mullen. “I believe we need to take more risk in this area than we have in the past. I

believe from my heart that diversity strengthens the very fabric of who we are.”

According to Capt. Patricia Cole, CNO’s special assistant for diversity, NNOA is very optimistic about Mullen’s stance and his “o b v i o u s commitment to diversity in the Navy,” she said.



Chief of Naval Operations(CNO) Adm. Mike Mullen takes questions from members of the National Naval Officers Association (NNOA), during a luncheon held at the Hilton Riverside Hotel in downtown New Orleans. The NNOA actively supports the Sea Services in recruiting, retaining, and developing the careers of minority officers by providing professional development and mentoring for its members. (U.S. Navy Photo by PHC Johnny Bivera)

Hydro blast machinery revolutionizes removal of non - skid

JO1(SW) James Evans Coyle
USS Essex Public Affairs

USS Essex (LHD 2) recently proved that working smarter not harder, pays off a perfect example of how the Navy is improving the way they do business in saving valuable man-hours and money during the Ship’s selected Restricted Availability (SRA) period. SRA can be found in Sasebo on the Navy’s only forward deployed amphibious assault ship USS Essex (LHD 2).

Essex is currently replacing all “non-skid” aboard the ship. Non-skid is a deck covering that refers to special flooring material designed to prevent equipment, people and aircraft from slipping or sliding. More than 130,000 square feet of non-skid is expected to be replaced. The square footage of all the non-skid being replaced will total over 130,000 sq ft. That number includes 844 feet of flight deck, a massive hangar bay, vehicle stowage areas, and other wind tunnels and passageways that require the Navy’s standard skid - resistant deck coating.

According to Quality Assurance Assistant (QA) for the Ship’s Restricted Availability period, Air Department’s Aviation Boatswain’s Mate First Class (AW/SW) David Wykes, the quality assurance assistant, has served aboard many

ships. Wykes said the hydro blast method is the most effective way of removing non-skid.

“This way of removing the non-skid makes the entire completion smoother and more efficient in every aspect,” said Wykes.

“This is my first time experiencing the hydro blast method of removing non-skid,” added Wykes, “The old way of BB blasting the non-skid of the flight deck, hangar bay or any space aboard ship that requires new non-skid really doesn’t make sense anymore after you see how this hydro blast way works.”

An advantage of the hydro blast over the BB blast method said Wkyes is the ‘caterpillar like’ 100-ft long tube, that has an approximately 100 - ft. long tube with sections being supported on carts with wheels about every ten feet. The hydro blast is filled with high-pressure air and water hitting the non-skid through an enclosed circular opening on the deck. The contractors simply run the opening over the non-skid and in seconds there is metal where once there was non-skid. The method of removal is similar to buffing a deck. After buffing, the deck is clean. After

hydro blasting, the non-skid is gone.

“The opening is about as big as a large - size pizza,” said Wykes. “It’s so much cleaner and easier. Once the

water comes out of the opening, not only does it remove the non-skid, but it also cleans the deck to the metal surface and it dries immediately. With the BB blast, you had BBs flying into the deck at high pressure and they caused additional rust that had to be removed later. The hydro blast is really very good. It’s interesting to come to work everyday and see how much we’ve accomplished with the Japanese contractors.”

QA-Aviation Boatswain’s Mate Second Class Philip Mitcham of Air Department said working with the Japanese contractors gives him the extra motivation needed to make it through their grueling pace aboard the “Iron Gator” during the ship’s SRA.

“They work long hours and they really get into the job at hand,” said Mitcham. “I work closely with them and it’s hard with the long hours and long days sometimes, but because they set such a high standard for themselves you get envious of the work they’re involved in and feel you want to contribute. They have brought an incredibly infectious work ethic to a ship that’s already known as being the hardest working in the Navy,” said Mitcham.

Essex is the Navy’s only forward deployed amphibious assault ship, operating out of Sasebo. Essex serves under Task Force 76, Amphibious Group One, which serves as the 7th Fleet’s amphibious arm as part of forward-deployed operations. Visit CTF 76 news, at <<http://www.ctf76.navy.mil/NewsandPhotos.htm>> for more information.



Along with the help of Essex Sailors working with Japanese contractors, the hydro blast will remove more than 100,000 sq. ft. of old non - skid aboard the “Iron Gator” during the Ship’s Restricted Availability (SRA) period. (U.S. Navy Photo by JO1(SW) James Evans Coyle)

Safety Corner: Safety tips to prepare for typhoon season

Charles Carr
CFAS Safety Department

When a typhoon threatens your area, you must decide whether to evacuate or ride out the storm at home.

Listen to the radio for weather advisories, and if authorities recommend evacuation for your area, leave promptly.

You also should leave if you know your home is not structurally sound or if it is in an area that continually floods or is near a stream or river likely to overflow from heavy rainfall.

If you need to seek emergency shelter, wait for notification from Fleet Activities Sasebo (CFAS) officials on shelter locations.

Public shelters are set up as a temporary, emergency

means of caring for people. A shelter’s primary function is to provide a roof over your head. Food, blankets and amenities may not be available. Pets, weapons, alcoholic beverages and illegal drugs are not allowed in shelters. Smoking may be banned. If you go to a shelter, travel light. Put everything into a portable disaster kit, including:

General Items

Drinking water (two to four quarts per person per day) Valuable papers such as your driver’s license or other identification, bank books, insurance policies, property inventory, eating and cooking utensils, can and bottle openers, toiletries and sanitary supplies, medications, prescriptions, important medical information, eyeglasses, cleaning solution for contact lenses, hearing aids, and walking aids.

Other items to include are: rope, portable radio with

extra batteries, flashlight with extra batteries, blanket or sleeping bag for each person and small valuables such as photographs.

Before you leave your home:

Unplug all electrical appliances and machines and store them as high as possible.

Turn off electricity at all breakers plus the main switch. Label breakers to identify what the lines carry. Store toxic materials as high as possible in the most protected area available.

Agree with family members on a location to meet or a means of reaching one another with messages in the event you become separated.

Guardian Sailors becomes fire-ready with drills

JOSN Adam R. Cole
Task Force 76 Public Affairs

Two Sailors on USS Guardian (MCM 5), new to the Navy and on their first ship, pushed themselves to successfully contain a simulated class “Bravo” fire Aug. 11 in the ship’s Auxiliary Machinery Room (AMR) during a General Quarters (GQ) fire drill.

The drill was only the second for Engineman Fireman Bob P. Sewell and Engineman Fireman Ken M. Freudenvoll. Both were excited to take part in the ship-wide GQ operation. The Sailors and their ship are now one step closer to achieving deployment readiness.

“It’s just a matter of doing it a few times,” said Sewell. “I know what to do. It now comes down to executing.”

Early that morning, the Engineering Officer of the Watch (EOOW) passed word on the shipboard speaker system ‘1MC’ of an engineering casualty.

It was up to Sewell, on watch as equipment monitor, to respond and investigate the casualty. Engineman Third Class Daniel A. Mercado, a member of the Engineering Training Team, guided and instructed Sewell on how to respond appropriately and investigate safely. The cause of the simulated fire was soon found to be a leak.

“Deflect. Isolate. Report,” said Mercado, calling out instructions. Sewell responded by taking immediate action so the stimulated fire wouldn’t spread. He deflected the leaking fuel spray with a spray shield and turned off the fuel supply cutout valve and return valve, steps necessary to stop the leak and ensure the fuel did not spray onto electrical equipment and possibly flash into a fire. Then Sewell made the proper reports to the EOOW.

Freudenvoll, serving as sounding security in the engine room, was there on the scene to assist in containing the simulated class “Bravo” fire. He applied Aqueous Film Forming Foam (AFFF) on the fuel to prevent the

fuel from flashing into a fire.

“I’m starting to act with a little more confidence now,” said Freudenvoll, who responded to the drill by charging the ship’s fire hose and putting down a blanket of AFFF on the fuel leak.



MNSN Andrew P. Fillebrown teams up with MNSA Thomas J. Garrick to fight a simulated class “Bravo” fire drill aboard USS Guardian (MCM 5) Aug. 11. (U.S. Navy Photo by JOSN Adam R. Cole)

While in port, the ship will continue to conduct shipboard fire and emergency damage control drills to ensure the crew’s readiness and long-term sustainability.

“We want to have a high level of proficiency, especially as new personnel come aboard the ship, said Lt. Steve Ilteris, Guardian’s executive officer.

Sailors aboard Guardian understand how important containing a fire is to the safety of the ship, especially since mine countermeasures ship is a wooden hulled vessel.

Damage Controlman First Class (SW) Joseph E. Clark

is the primary damage control supervisor on the ship. He works closely with new Sailors to make sure they know exactly how to put out a fire. His job is to assertively point out all execution discrepancies during the drill. His goal is for them to be the best, he says.

“The only way to get it right is practice,” said Clark. “I see improvement in these Sailors every time.”

If it were a real fire, the class “Bravo” fire would have been contained almost immediately, but Guardian’s training team re-flashed the fire in order to give the ship’s fire fighting teams practice.

As soon as Sewell and Freudenvoll were clear of the space, a primary team and then a secondary fire team, both donning full Fire Fighting Ensembles (FFE), worked to put out the simulated fire.

Mineman Seaman Andrew P. Fillebrown and Mineman Seaman Apprentice Thomas J. Garrick, members of the primary fire team, were a little hot under the FFE’s but carried out the drill quickly.

Clark had some pointers for the experienced Sailors but the team showed its experience and managed the drill with expertise.

“When you’ve done it a lot, you know you can do it,” said Fillebrown. “We know how to work with each other and just go down there and get the job done.”

Sewell and Freudenvoll know that they still have much to learn but with each drill their experience and confidence level increases. Mercado cracks a smile as he looks back on his days when he was in their shoes. He is a testament that time and practice are still the basic building blocks for confidence and know-how.

“They’ll be where I’m at soon – confident,” said Mercado.

USS Guardian (MCM 5) is a mine countermeasures ship forward deployed to Sasebo. Guardian and USS Patriot serve under Task Force 76, which serves as the Seventh Fleet’s mine countermeasures arm in forward-deployed operations.

Essex crew keeping cool with extra H₂O during scorching SRA

JO1(SW) James Evans Coyle
USS Essex (LHD 2) Public Affairs

The crew of USS Essex (LHD 2) completed an eight-month surge deployment that ended earlier this year, successfully passing numerous certifications since their return to their homeport, but ‘Iron Gators’ are now enduring one of the toughest times a ship must go through.

The warship’s battle is not with an enemy per se, it’s the battle with keeping on schedule with the work that is being done during the Ship’s Restricted Availability (SRA) period, and battling the extreme heat and humidity of a Sasebo Summer.

During SRA, the ship is primarily without air conditioning and frequently spaces on the ship reach temperatures into the mid 90s. To combat the heat and it’s affects on a human body, Essex’ Supply Department arranged for thousands of bottles of water to be distributed on the ship and pier.

USS Essex Commanding Officer, Capt. Martin J. Keaney, recently implemented a “mandatory water break” from 0830 to 0845 every workday while the ship remains in SRA.

“We can not stress this enough,” said Keaney during a 1MC announcement

regarding the daily water break. “Everyone needs to stop what they are currently involved with and take a break out side the skin of the ship. Grab some water and take a drink. This water break period is for everyone’s safety and we must stay with it,” added Keaney.

The CO also stated that water stations have been set up throughout the ship and that it’s all paying off as the crew is able to keep their cool during SRA.

“There are over 20 bubbler (water fountain) spots all over Essex,” said Keaney. “The XO and I both have one in our respective offices aboard ship and when ever someone comes into conduct any kind of business I’ll always say, ‘let’s have a drink of water first , then we can continue,’” said Keaney.

Ship’s Serviceman Chief (SW/AW) David Hibbler said the crucial element of keeping everyone aboard Essex hydrated and out of any potential heat exhaustion/ heat stroke situation is the motivation for all the Supply Department personnel to keep the water coming.

“We can’t have any man down because they couldn’t get a drink of water,” said Hibbler. “Supply is committed to keep the water available for all our shipmates and keep everyone hydrated. We have designated special S-2 “Tiger Teams” to move water to the crew and they have

been consistently doing an outstanding job. They’re really keeping with up the high demand of water in this extremely high heat,” noted Hibbler.

Religious Program Specialist Third Class Johannes Manhave, currently assigned to S-2 as a Food Service Attendant, said getting the water to the crew has really become an all hands evolution with everyone pitching in and looking out for each other.

“Although I’m sometimes tasked to move water exclusively during the day, everyone helps out in getting the water from the huge refrigerated box on the pier up to the ship,” said Manhave. “We have officers, chiefs and first classes working along side the junior enlisted. It’s nice to see that everyone



EMFN Johnathan Zamecnik and AOAN Nyquan Sparrow grab some ice cool water from the forward Hangar Bay water station aboard USS Essex (LHD 2) Aug. 20. Water stations have been set up all over Essex during the Ship’s Restricted Availability period (SRA). Water stations are also pier side and the ship has implemented a “mandatory water break” in the morning to ensure everyone working aboard Essex stays hydrated during the hot Sasebo Summer. (U.S. Navy photo by JO1(SW) James Evans Coyle)

cares about everyone else on the ship. People are working together to ensure we all have enough water when we need it,” said an enthusiastic Manhave.



Odd & Even Bowling Tournament Saturday Night

On Saturday, Aug. 27 you'll have an opportunity to participate in a special Odd & Even Bowling Tournament at the Spare Time Recreation Center. The cost is \$15 per bowler. You must be 18 years or older to participate. The fun gets underway at 6:30 p.m. This tournament consists of four games of bowling. Even numbers count as strikes while odd numbers count as spares. The highest total pinfall determines the winner. Total number of participants determines prize money. For more information, call 252-3634.

Dive, Dive, Dive

The Sailing & Outdoor Adventure Center has arranged a two-tank boat dive trip on Saturday, Aug. 27. The cost is only \$40 per person. If you don't have all the necessary SCUBA gear, you can rent dive gear from the Sailing and Outdoor Adventure Center at extremely reasonable rates. For more information, call 252-3500.

Free Shirahama Beach Shuttle Bus Ends This Sunday

The Shirahama Beach Shuttle Bus makes the last round trip of the year from Main Base to the beach this Sunday, Aug. 28, courtesy of your MWR Department. The bus departs Main Base from the Showboat Theater parking lot at 11 a.m., Noon, 2 p.m. and 4 p.m. Return trips depart Shirahama Beach at 1 p.m., 3 p.m., 5 p.m. and 6 p.m. Children 12 & under must be accompanied by an adult. For more information, call 252-3433.

Labor Day Softball Tournament

The Fleet Fitness Center is hosting their annual Labor Day Softball Tournament on Saturday, Sept. 3 at Nimitz Park. Game time is 9 a.m. If you're interested in playing, get your team together and submit your team roster to the Fleet Fitness Center Office by Tuesday, August 30. For more information, call 252-3588.

Labor Day Golf Tournament

You still have time to sign-up for the Labor Day Weekend Golf Tournament at the Mikawachi Golf Course on Monday, Sept. 5. The modified Stableford scoring system will be used in this singles tournament. Awards go to the top golfer in each handicap flight, plus closest to pins, longest drives and gorillas. Sign up now to reserve a spot. You'll have to pay a \$5 entry fee plus green fees to compete in the tournament. For more information, call 252-3588.

Visit Kumamoto With Travel & Tours

Travel & Tours still has seats available for the Kumamoto City Tour this Sunday, Aug. 28. Kumamoto Castle is located in the heart of Kumamoto City and is one of the most celebrated castles in Japan. It took over seven years to build, commencing in 1601. This castle is 12 km in circumference and protected by a moat. You'll also visit Suizenji Park where you will find the Suizenji Jojuen Garden, originally constructed as a tea retreat in the Momoyama style with exquisite landscaping. The trip would not be complete without a stop at the Hyu-Hosokawa Gyobutei, residential mansion of the Lord Hosokawa-Gyobu Clan. For more information, call 252-3433.

Youth Soccer Season Set to Begin

The 2005 Youth Soccer Season is set to begin on Saturday, Sept. 3 at the Hario Village Ball Field. Youngsters have been practicing every week since Aug. 22 and are ready and eager to take on all challengers. For more information about game times and schedules, call 252-8960.

Extended hours for Galaxies

Galaxies has extended their hours of operation on Fridays and Saturdays. The new hours are from 6 p.m. until 4 a.m. For more information, call 252-2980.

Closed for Renovations

The Spare Time Recreation Center & 11th Frame Snack Bar will be closed from Aug. 29 to Sept. 13. The 24-hour fitness center will not be affected by this closure. However, you will need to enter and exit through the exterior weight room doors. For more information, call 252-3634.

Living in Japan: What the heck is DIY?

How many of you out there are fascinated by roaming through an ACE Hardware or Home Depot back in the states? Looking at all of the many neat tools, ready made household improvements, wall board, doors and every other conceivable thing to make your home unique and special with a minimum of skill required on your part.

Or, at least that is the concept, although my attempts at applying that fancy molding, or staining that old piece of furniture, or mitering the corners on a handmade frame tend to always turn out looking so hideous, that even my wife can't bring herself to tell me it looks okay, or ever display it.

The Japanese always were very finicky when it came to adding on or remodeling some portion of their abode, keeping the journeyman industry alive by contracting out virtually anything minor or major that needed to be done.

However, the last decade or so has seen a tremendous rise in the number of brave Japanese souls who undertake upgrades to their property on their own.

DIY, or Do It Yourself, is now a major growth industry in Japan. Everything from yard and fence projects to interior painting and the modernization of older dwellings, Japanese are buying the requisite hammers, hardware, electric screwdrivers and other paraphernalia necessary to tackle these jobs themselves – pretty much putting the small time home repair handymen out of business.

Again, as in so many things they do, they differ from those such as me in the fact they read up on the job and take their time, progressing slowly and surely, following each step outlined in their self-help guidebook. As many times as I've run into problems with a chore, only to find that I'd completely ignored steps one through three, starting at step four, and immediately jumping to step seven, I refuse to modify my approach, as doing so would take so much longer and be so much more exhausting.

Of course, DIY nowadays is a far cry from my father's idea of DIY. Today, you can buy shaped and finished trim pieces and simply apply them, where he would create them out of raw lumber and a lot of sweat. But, unfortunately for some of us, no amount of prefabrication and simplified application will ever result in a professional looking piece of work.



Jerry Havens
FFSC Education
Services
Coordinator

Schedule for August 26 - September 4
SHOWBOAT
Telephone: 252-3822
FRIDAY, AUGUST 26
6:30 p.m. (PG) • * Rebound
9:30 p.m. (PG-13) • The Honeymooners
Midnight (PG-13) • War of the Worlds
**Premiere*
SATURDAY, AUGUST 27
6:30 p.m. (PG) • Rebound
9:30 p.m. (PG-13) • Stealth
Midnight (PG-13) • Mr. & Mrs. Smith
SUNDAY, AUGUST 28
6:30 p.m. (PG) • The Adventures of Sharkboy and Lavagirl
9:30 p.m. (PG) • Rebound
MONDAY, AUGUST 29
6:30 p.m. (PG-13) • War of the Worlds
TUESDAY, AUGUST 30
6:30 p.m. (R) • George A. Romero's Land of the Dead
WEDNESDAY, AUGUST 31
6:30 p.m. (PG) • The Adventures of Sharkboy and Lavagirl
THURSDAY, SEPTEMBER 1
6:30 p.m. (PG-13) • Mr. & Mrs. Smith
FRIDAY, SEPTEMBER 2
6:30 p.m. (PG-13) • * Dark Water
9:30 p.m. (PG-13) • * The Island
Midnight (PG-13) • The Dukes of Hazzard
**Premiere*
SATURDAY, SEPTEMBER 3
6:30 p.m. (PG-13) • Dark Water
9:30 p.m. (PG-13) • The Island
Midnight (PG-13) • Stealth
SUNDAY, SEPTEMBER 4
6:30 p.m. (G) • Herbie: Fully Loaded
9:30 p.m. (PG-13) • The Island

MWR THEATERS
REBOUND (PG)
Starring: Martin Lawrence, Wendy Raquel Robinson, Breckin Meyer, Horatio Sanz and Megan Mukai
Following a public meltdown, a high-strung college basketball coach must redeem himself by leading a junior high school team consisting of athletically challenged youngsters.
THE HONEYMOONERS (PG-13)
Starring: Cedric the Entertainer, Mike Epps, Regina Hall, Gabrielle Union and Eric Soltz
Two best friends, bus driver Ralph and sewer worker Ed, hatch a get rich quick scheme to get them out of Brooklyn and onto easy street. Standing by their husbands are devoted wives Alice and Tracie, who help their guys make ends meet by waitressing at a neighborhood diner.
THE ISLAND (PG-13)
Starring: Ewan McGregor, Scarlett Johansson, Djimon Hounsou, Steven Seagal and Steven Strait
Lincoln Six-Echo is a resident of a seemingly utopian but contained facility in the mid-21st century. Like all of the inhabitants of this carefully controlled environment, Lincoln hopes to be chosen to go to the "The Island," reportedly the last uncontaminated spot on the planet. But Lincoln soon discovers that everything about his existence is a lie. He and all of the other inhabitants of the facility are actually human clones whose only purpose is to provide "spare parts" for their original human counterparts.
WAR OF THE WORLDS (PG-13)
Starring: Tom Cruise, Miranda Otto, Dakota Fanning, Justin Chabwin and Tim Robbins
Ray Ferrier is a working class man living in New Jersey. He's estranged from his family, his life isn't in order, and he's too caught up with himself. But the unthinkable and, ultimately, the unexpected happens to him in an extraordinary sense. His small town life is shaken violently by the arrival of destructive intruders: Aliens that have come on masse to destroy Earth. As they plow through the country in a wave of mass destruction and violence, Ray must come to the defense of his children. As the world must fend for itself by a new and very advanced enemy not of this world, it's inhabitants must save humanity from a far greater force that threatens to destroy it.

FEATURED PREMIERE
Dark Water
(PG-13)
Dahlia Williams is starting a new life; newly separated with a new job and a new apartment, she's determined to put her relationship with her estranged husband behind her and devote herself to raising her daughter, Ceci. But when the strained separation disintegrates into a bitter custody battle, her situation takes a turn for the worse. Her new apartment - dilapidated, cramped, and worn - seems to take on a life of its own. Mysterious noises, persistent leaks of dark water, and strange happenings cause her imagination to run wild, leaving her to wonder who is behind the endless mind games. As Dahlia frantically searches for the links between the riddles, the dark water seems to close around her. But one thing trumps all others in Dahlia's world: no matter what it is that's out there, nothing is going to harm her little girl.
Starring: Jennifer Connolly, John C. Reilly, Tim Roth, Dougray Scott & Pete Postlethwaite

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with the new MWR
CINE-PASS



Receive one stamp for each movie admission. Collect 7 stamps, your 8th movie is FREE!

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available for purchase at:
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• Hario Village
• Travel & Tours Office
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1. All sales are final. No refunds.
2. Last cards will not be replaced.
3. This card can be used for multiple admissions.
4. A child's CINE-PASS CARD can be used for an adult's admission.
5. Admissions is based upon seating availability.
6. Any card that has been misplaced, altered or is deemed illegible will not be accepted.
7. This card has no expiration date.
8. No cashbacks, refunds, voids, discounts or states are allowed in the theater.
9. No outside food or beverages allowed.
10. CINE-PASS is for use at the Showboat & Village Theater.

Celebrating the 85th anniversary of womens’ suffrage

YN3 Lisa Qualls
Task Force 76 Public Affairs

2005 marks a grand event in history, the 85th anniversary of women’s suffrage in the United States. The struggle for woman suffrage in America began in the 1820’s and lasted for approximately 72 years, from the first formal women’s convention in 1848 in Seneca Falls, New York, to the passage of the 19th Amendment, which states, “The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of sex.”

Woman suffrage is defined as “the right of women by law to vote in national and local elections.”

The changing social conditions for women during the early 1800’s, combined with the idea of equality, led to the birth of the women’s suffrage movement. Women began receiving more education and taking part in reform movements, which involved them in politics. Then women began to ask why they were not allowed to vote. Most people in opposition to woman suffrage believed that women were less intelligent and less able to make political decisions than men. Others feared that women’s participation in politics would bring about an end to family life.

One of the initial public appeals for woman suffrage came in 1848 when two reformers, Lucretia Mott and Elizabeth Cady Stanton, called a women’s rights convention in Seneca Falls, NY. Stanton resolved that it was “the duty of the women of this country to secure to themselves the sacred right to the elective franchise.” This resolution became the focus of the group’s campaign over the next several years. The men and women supporters at the convention adopted a “Declaration of Sentiments,” calling for women to have equal rights in obtaining education, property ownership, voting and various other matters. This declaration, modeled by the Declaration of Independence, cited, “We hold these truths to be self evident that all men and women are created equal…”

Leaders of the movement believed that once women had the right to vote, they could use it to gain other rights. The suffragists faced strong opposition to these ideas.

In 1866, Stanton, Mott, Susan B. Anthony and Lucy Stone helped establish the American Equal Rights Association. In the following year, this organization became an active force in Kansas where Negro suffrage

and woman suffrage were to be decided by popular vote. However, these ideas were rejected at the polls. Suffrage leaders and followers devoted most of their efforts to marches, picketing and other active forms of protest. Suffragists were often arrested, held illegally and treated badly in prison. Many went on hunger strikes and were forced-fed. Suffragists also suffered hostilities and violence from those in opposition to the movement. The momentum for woman suffrage gained strength after the passage of the 15th Amendment to the Constitution on February 26, 1869. This amendment

“It is the duty of the women of this country to secure to themselves the sacred right to the elective franchise.”

-Cady Stanton
*Women’s right convention
Seneca Falls, N.Y., 1848*

gave the right to vote to Black men but not to any women. The suffragist came together to form two national organizations to work for the right to vote. One was called the National Woman Suffrage Association (NWSA) and the other was called the American Woman Suffrage (AWSA) Association. The National Woman Suffrage Association was the most radical of the two organizations in that it condemned the 14th and 15th Amendments as blatant injustices to women and also advocated for issues such as slavery, easier divorce, discrimination in employment and pay. The conservative American Woman Suffrage Association was solely concerned with obtaining voting privileges for women. In the 1880’s, it had become clear that it was not a good idea to have two rival groups campaigning for women’s right to vote. As a result, the organizations merged in 1890 to form the National American Woman Suffrage Association (NAWSA). Over the next twenty years, the organization enlarged as the struggle continued for women’s rights. Vigorous campaigns were mounted in efforts to gain the vote by persuading state legislatures to submit to their voters, amendments to those state constitutions conferring full suffrage to women.

Gradually, individual states began to yield to these demands. Suffrage movements were also enacted in other countries during the 1800’s and early 1900’s. On March 3, 1913, a band of suffragists staged a great demonstration in Washington D.C. which happened to be the day that President-elect Wilson arrived for his inauguration. To the astonishment of Woodrow Wilson, the expected inaugural crowd was reportedly on Pennsylvania Avenue watching the suffragist parade leaving him a quiet reception. This parade marked the opening drive of the final phase of the modern suffrage movement, successfully allowing the passage of the 19th Amendment in 1919. This Amendment was ratified and declared law on Aug. 26, 1920, which enfranchised women in every state. This day is known and celebrated as Equality Day. By 1990, women had the right to vote in almost every country where men had that right. Some countries still do not allow many or all people the right to vote, however many are striving to continue enfranchisement efforts

in countries where women currently suffer disparities in the political process as well as in other areas in society. It is important that we recognize the events of the Woman Suffrage movement and the vital roles that these events played in the awesome transformation of modern history. Most important is our recognition of and tribute to the overall accomplishments of the generations of women striving for true democracy. For me, the suffrage movement established a foundation of worthiness and self-reliance needed to navigate through life. Every woman, regardless of her decision to become a stay-at-home mom, a volunteer or focus on a career, should understand and embrace her importance, influence, abilities and contributions to our society. If you are interested in information about women’s history and to obtain ideas for becoming involved in celebrating and recognizing women’s historic achievements, please visit the National Women’s History Project website: <www.nwhp.org>. The month of March is designated National Women’s History month.

Hario Yard of the Month awarded



Fleet Activities Sasebo (CFAS) Command Master Chief (SS) William F. Lowmon presents the family of Mr. and Mrs. Michael Martinez with the Hario Yard of the Month for July. (U.S. Navy Photo by CMDCM (SS) William F. Lowmon)

Master Chief, from Page 2

is there. Additionally order a CD-ROM copy of your entire service record as BUPERS knows and checks for discrepancies. If you are missing an eval or fitrep, a selection board member is going to wonder why. Start learning. You can get the evaluation instruction at <http://buperscd.technology.navy.mil/bup_updt/508/Instructions/InstructMenu.htm>, so download it and start reviewing it. So to wrap up my time on the 1MC, let me give a quick review: — Leaders need to write strong, honest, accurate evals/fitreps that are realistic and reliable, cut the fluff and gimme the facts. — Leaders need to be involved in their Sailors careers by giving solid, useful guidance and career counseling to help them improve. — Leaders need to rank their Sailors within the command.

— Sailors need to take an active interest in their records and evaluations. Keep a record of your accomplishments! — Sailors need to learn how the evaluation system works, listen to the leadership’s counseling and guidance about performance, and apply it. — Sailors need to always work hard and the rewards will come. Well, that’s enough this time. I hope you understand my passion on this subject because I don’t want any qualified Sailor overlooked by any board. I want you to succeed. I want the chiefs to ensure our Sailors have all the “tools in their tool box” to succeed because that’s what we do. We are doing some great things in our Navy. Everyday, I’m amazed at the talent and work ethic that keeps our Navy at the forefront. Stay safe, shipmates, and I’ll see you out on the deckplates. HOO-YAH.



Fleet Gym 252-3588

Hario Gym 252-8691

WWA bodyslams CFAS: Wrestling stars entertain Sailors, families

JOSN Jeff Johnstone
CFAS Public Affairs

Superstars from the World Wrestling Alliance (WWA) visited Fleet Activities Sasebo (CFAS) Tuesday, Aug. 23 to deliver a night of intense wrestling action for Sailors, their families and the local community at the Fleet Gym.

WWA stars posed for photos and signed autographs for the crowd prior to



WWA superstar, Demolition Krush, attempts to unscrew the masked Superstar's head from his shoulders during the tag - team main event Tuesday, Aug. 23 at the Fleet Gym. The WWA visited CFAS and put on a great night of wrestling action. (U.S. Navy Photo by JOSN Jeff Johnstone)

the event, and personnel from Morale, Welfare and Recreation (MWR), organizers of the event, served refreshments.

Five terrific matches were on the card, including an impromptu tag team match to conclude the event.

Following the U.S. and Japanese national anthems, the bell rang and it was

time for some action.

The opening bout, a women's matchup, featured Venus squaring off with Allison Danger. Both athletes played the crowd very well, and their characters went over great as well.

Danger would go on to 'steal' the victory from Venus, pinning her by using the bottom rope for leverage, earning a negative pop from the crowd in the process.

The next match featured a classic style heel (heel is a wrestling term meaning bad guy), Dave Duponte, facing off with the Volcano Kid, a 300 pound mastadon who displayed amazing agility and quickness for an athlete his size. Kid immediately established a good rapport with the fans, while Duponte (himself a former Sailor) made it clear he wasn't impressed with Kid's fan support.

Kid controlled the match early, forcing Duponte to smartly roll out of the ring to quell the momentum. A classic heel move, reminiscent of a young Larry Zybysko.

Kid got a considerable pop from the crowd when he flipped Duponte back into the ring from the outside by using the ropes. Kid would go on to get the 1 -2 - 3 with an impressive sidekick to the head.

Brandi Wine challenged WWA Women's champion Christine Ricci for her title in the next contest. A see - saw, back and forth battle ensued, with Ricci eventually retaining her title

via a time limit draw. Wine appeared to congratulate the victor afterwards, only to deliver a cheap shot to the champion after the match.

The Barbarian, scheduled to headline the event, could not appear due to an injury suffered at a prior event in Korea.

Fans would not leave disappointed, as the veteran Patriot went toe - to - toe with

the self proclaimed "Wrestler that made Milwaukee famous," the Milwaukee Mauler. Both powerhouses looked impressive in this one, with the Patriot delivering an impressive variety of dropkicks, headlocks and even the painful sharpshooter leg lock. The Mauler was equally impressive, overpowering the Patriot at times, catching the masked man flush with a boot to the face, a sidewalk slam in the center of the ring, and a vicious chairshot outside the ring.

As things began to go the Patriot's way, The masked Superstar interfered in the match to help the Mauler assault the Patriot. The crowd, unappreciative of an attack on the Patriot on a Naval installation, let out a chorus of boos.

Demolition Krush made the save, and issued a challenge for a tag match for that very evening. Acting WWA Commissioner Joe Wheeler made it happen, and the action would continue.

The two teams would battle in what resembled a bar room brawl, until the four athletes made it back into the ring for an official start.

Despite excellent teamwork from the Mauler and Superstar as they worked over the Patriot, the masked man would eventually make the tag to a fresh Krush



MACS Glen Holbrook has a conversation with the Volcano Kid following his victory. (U.S. Navy Photo by JOSN Jeff Johnstone)

who evened the score.

The Patriot would recover his bearings, and he and Krush would battle on for an impressive main event victory.

CFAS Sailors offered their appreciation to the hard working WWA athletes, cheering throughout the show and posing for photos with the stars after the event.



WWA Women's Champion Christine Ricci celebrates a successful title defense. (U.S. Navy Photo by JOSN Jeff Johnstone)

According to WWA Commissioner Joe Wheeler, the pleasure was all on the athletes' side of the table.

"We had a great time and thoroughly enjoyed our tour here, Everyone (wrestlers) is proud to be here and proud of the troops. This is our way of giving back. If we can take everyone's minds off of the problems going on in the world for 15 minutes, it makes it all worth it," said Wheeler.

The Patriot echoed Wheeler's sentiments.

"We're glad to come out and entertain everyone," said the Patriot. "This is our first time wrestling for the Navy, and it was a hot crowd and the people were into it."

The Patriot said the WWA stars were able to see some of the ships forward - deployed to Sasebo and took advantage of the on - base fitness facilities.

Demolition Krush, a 12 - year veteran of the business, has wrestled in Yokota, but this was his first visit to Sasebo.

"This was an awesome crowd," said Krush. "We all really appreciate what you guys are doing for us."

Fitness Tip: Okay, you run? What else can you do?

Alec Culpepper
MWR Fitness & Aquatics Director

People who participate in vigorous activities such as running are less likely to die of heart disease than those who take up less active sports. But even running isn't a guarantee of lifelong insurance. Here are other measures that'll help keep your heart healthy.

Hydrate: Studies have shown that drinking five or more eight ounce glasses of water a day could help lower your risk of heart disease by up to 60 percent.

Hit the Treadmill: Running

outside on hot, hazy days can cut the oxygen in the blood, making it more likely to clot.

Slim Down: Medicine & Science in Sport & Exercise reported that alternating speeds throughout your run helps you lose weight faster than running at an even pace.

Take a Yoga Class: Mental stress is a contributing factor to heart disease. Researchers from Thomas Jefferson University found that meditation exercises can reduce anxiety by 25 percent.

Pump Iron: Lifting weights for 30 minutes a week can reduce your risk of heart disease by 23 percent.

Upcoming Sports Events

What: August Splash-n-Dash
When: Sunday, Aug. 21 at 8:30 a.m.

What: Labor Day Golf Tournament
Where: Mikawachi Country Club
When: Monday, Sept. 5

What: SNA 5k Run/Walk
Where: Nimitz Park
When: Thursday 15 Sept. at 4:30 p.m.

What: Hirado Half-Marathon
When: Sunday, 18 September at 10:30 a.m.
Where: Hirado FMI: 252-3588

Spring Basketball Standings

Young Guns	5	0
Showtime	6	1
Force	6	1
Tru Stories	4	1
Warriors	2	5
ACU - 1	2	6
Fearless	1	5

